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BRIGHTLINGSEA
URBAN DISTRICT
COUNCIL

ANNUAL REPORT

of the
Medical Officer of Health
for 1970

AC 184

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BRIGHTLINGSEA URBAN DISTRICT COUNCIL
ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH
for 1970

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Cr. P. P. Creek

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R. A. STENHOUSE, L.M.S.S.A. (lond.) D.P.H., (R.C.P. & S.,)
F.R.I.P.H.H.

Medical Officer of Health to the Urban Districts of Clacton,
Brightlingsea, Frinton and Walton, the Rural District of
Tendring and Assistant County Medical Officer.

J. Colvin, M.R.S.H., M.A.P.H.I.,
Public Health Inspector.
Surveyor.
Meat and Food Inspector.

Telephone No:
Brightlingsea 2626

Town Hall,
Brightlingsea,
Colchester,
Essex.

Mr. Chairman and Gentlemen,

I have pleasure in presenting the Annual Report on the state of Public Health in the Urban District of Brightlingsea.

The population again shows an estimated slight increase of 150 to 5,300. The corrected Birth Rate remains the same at 19.0 as compared with the National figure of 16.0. There were 24 deaths from cancer including 5 cases of lung cancer and 37 deaths from Heart Disease. The Death Rate at 11.3 approximates that for the National figure.

There were 6 deaths of infants under 1 year of age out of 96 births giving the high infant mortality rate of 63 which is again reflected in the high illegitimate and neo-natal mortality rate. The deaths were mainly due to congenital deformities or prematurity and all occurred in hospital. Three of those infants were illegitimate out of a total of 6 illegitimate births.

Twenty cases of Measles were notified and no cases of Food Poisoning occurred.

The number of children attending for immunisations at the County Council Clinics amounts to 590, which included 200 injections against Diphtheria/Tetanus, 230 against Poliomyelitis and 191 against Measles and Rubella. 99 vaccinations against Smallpox were also carried out.

The water supply has remained satisfactory in all respects throughout the year and routine testing maintains as hitherto with satisfactory results. The Swimming Pool has been carefully maintained and although falling below modern standards, the condition of the water remains satisfactorily by bacteriological standards. Mention is made in the analysis of the presence of nitrate in the water from the Church Road well, this is in fact diluted by approximately 4 parts to 1 in the main supply by waters from Dabham and Lower Park Road, and therefore the question of use for the preparation of infant feeds does not arise. The fluoride content averages 1.0 to 1.5 parts per million.

Sixty eight new houses were erected during the year by

private enterprise and under the new Housing Act twenty two standard grants were approved, and it is hoped that it will be possible to renovate an additional number of substandard properties now eligible for improvement grants under the new Act.

In conclusion, I would like to express my gratitude to the Council, the Public Health Committee, and Officers of the Council for their co-operation during the year, and to the Staff of the Public Health Department my thanks for their excellent work.

I am, Mr. Chairman and Gentlemen,

Your obedient Servant,

R. A. STENHOUSE

Medical Officer of Health.

STATISTICAL MEMORANDUM

Urban District of		Brightlingsea
Area in acres		2,852
Population:		
1970 Registrar General's Estimate		6,300
1961 Census		4,800
Density of Population per acre		2.20
Rateable Value		£204,895
Sum represented by penny rate		£808
Number of inhabited dwellings (approx.)		2,610
Total live births		96
Birth rate crude (per 1,000 home population)		15.2
Birth rate corrected		19.0
Birth rate (England and Wales)		16.0
Total live and still births		101
Total still births		5
Still birth rate (per 1,000 total live and still births)		50.0
Still birth rate (England and Wales)		13.0
Total deaths		102
Death rate crude (per 1,000 population)		16.2
Death rate corrected		11.3
Death rate (England and Wales)		11.7
Death of infants under 1 year of age		6
Infant mortality rate		63.0
Infant mortality rate (England and Wales)		18.0
Infant mortality rate - legitimate		56.0
Infant mortality rate - illegitimate		167.0
Neo-natal mortality rate		52.0
(Deaths under 4 weeks old per 1,000 live births)		
Early Neo-natal mortality rate		42.0
(Deaths under 1 week old per 1,000 total live births)		
Peri-natal mortality rate		89.0
(Stillbirths and deaths under 1 week old combined per 1,000 live and still births)		
Number of illegitimate births		6
Deaths from diarrhoea (under 2 years of age)		-
Maternal deaths (including abortion)		-
Cancer deaths		24
Lung cancer deaths		5
Tuberculosis deaths		-

LIVE BIRTHS

<u>Male</u>	<u>Female</u>
47	49

Total: 96

CAUSES OF DEATH DURING 1970

	<u>Male</u>	<u>Female</u>	<u>Total</u>
Enteritis and other Diarrhoeal Diseases	-	1	1
Cancer (all sites)	11	13	24
Diabetes Mellitus	1	-	1
Other diseases of Nervous System	-	1	1
Chronic Rheumatic Heart Disease	1	1	2
Hypertensive Disease	-	4	4
Ischaemic Heart Disease	16	11	27
Other Forms of Heart Disease	-	4	4
Cerebrovascular Disease	6	7	13
Other Diseases of Circulatory System	1	1	2
Influenza	1	1	2
Pneumonia	1	2	3
Bronchitis and Emphysema	3	-	3
Other Diseases of Respiratory System	2	-	2
Peptic Ulcer	1	-	1
Intestinal Obstruction and Hernia	-	1	1
Other diseases of Digestive System	-	1	1
Disease of Musculo-Skeletal System	1	-	1
Congenital Anomalies	2	-	2
Birth Injury, Difficult Labour	-	1	1
Other Causes of Perinatal Mortality	1	-	1
All Other Accidents	1	3	4
Suicide and Self-inflicted Injuries	-	1	1
	49	53	102

DEATH OF VARIOUS AGES DURING 1970

Under 4 weeks	5
4 weeks and under 1 year	1
1 year and under 4 years	2
5 years and under 14 years	-
15 - 24 years	-
25 - 34 years	-
35 - 44 years	1
45 - 54 years	-
55 - 64 years	14
65 - 74 years	26
75 and over	53
	102

PREVENTION AND CONTROL OF INFECTIOUS AND OTHER DISEASES

The following figures show the number of infectious diseases which were notified in the district during 1970:--

Cases	Cases Notified	Cases to Hospital	Cases at Home	Cases Confirmed	Deaths
Measles	20	-	20	20	-

TUBERCULOSIS 1970

There were no cases of Tuberculosis notified, and no deaths occurred during the year.

Total cases on the Register at the end of 1970: 26

The age groups of the cases on the Register are as follows:--

Age Groups in Years	Respiratory		Non-Respiratory		Totals
	M	F	M	F	
1 - 4	1	-	-	-	1
5 - 14	1	-	1	-	2
15 - 24	3	-	-	1	4
25 - 34	3	1	1	-	5
35 - 44	4	-	-	1	5
45 - 54	4	-	-	-	4
55 - 64	2	2	-	-	4
65 - 74	1	-	-	-	1
Totals:	19	3	2	2	26

SANITARY CIRCUMSTANCES OF THE AREA

WATER SUPPLIES

The Tendring Hundred Waterworks Company are the Statutory Water Undertakers for the whole of the Urban District Area.

The supply is derived from Lower Park Road bore hole and the Church Road shallow well and any deficiency is made up by bulk supply from external sources.

The total number of dwelling houses supplied from the mains is estimated at 2598 and of these some 10 houses are still supplied from outside standpipes.

The supply has been adequate during the year and routine sampling for both chemical and bacteriological examination has been carried out by the Local Authority.

CHEMICAL ANALYSIS

CHEMICAL RESULTS IN PARTS PER MILLION

Direct from Pumping Station,
Lower Park Road, Brightlingsea.

Colour (Hazen)	3
Reaction pH	7.6
Electric Conductivity	1350
Chlorine present as Chloride	320
Hardness:	
Total	220
Carbonate	220
Non-Carbonate	0
Nitrate Nitrogen	0.0
Nitrite Nitrogen	absent
Albuminoid Nitrogen	0.00
Ammoniacal Nitrogen	0.80
Oxygen Absorbed	0.40
Residual Chlorine	absent
Fluoride	2.0
Metals:	
Iron	absent
Copper	absent
Zinc	absent
Lead	absent

Direct from Pumping Station,
Lower Park Road, Brightlingsea.

Turbidity (A.P.H.A. Units)	Nil
Odour	Nil
Free Carbon Dioxide	15
Dissolved Solids dried at 180°C	900
Alkalinity as Calcium Carbonate	290

This sample is clear and bright in appearance, has a reaction on the alkaline side of neutrality and is free from metals apart from a minute trace of iron. The water is hard in character but its hardness and its somewhat high content of mineral and saline constituents, typical of this source, are not considered excessive. The water conforms to the highest standard of organic quality and is of satisfactory bacterial purity.

These results indicate a pure and wholesome water suitable for public supply purposes.

Direct from Pumping Station,
Church Road, Brightlingsea.

Colour (Hazen)	4
Reaction pH	6.1
Electric Conductivity	670
Chlorine present as Chloride	64
Hardness:	
Total	295
Carbonate	35
Non-carbonate	260
Nitrate Nitrogen	23
Nitrite Nitrogen	absent
Albuminoid Nitrogen	0.03
Ammoniacal Nitrogen	0.00
Oxygen Absorbed	0.50
Residual Chlorine	absent
Metals:	absent
Iron	absent
Copper	absent
Zinc	absent
Lead	absent
Fluorine	0.1
Turbidity (A.P.H.A. Units)	nil
Odour	nil
Free Carbon Dioxide	45
Dissolved Solids dried at 180°C.	430
Alkalinity as Calcium Carbonate	35

This sample is clear and bright in appearance and is

free from metals. It has however a slightly acid reaction due to its content of free carbon dioxide with low carbonate alkalinity and will therefore tend to show corrosive action on metals. The water is hard in character but its hardness and its content of mineral and saline constituents in solution are not considered excessive. It is of a high standard of organic quality and of satisfactory bacterial purity.

These results indicate a pure and wholesome water. The content of nitrate is however considered undesirably high for use in the preparation of infant feeds. Correction of corrosive characteristics towards metals -- (by admixture with other water or by other suitable method) -- is considered advisable for public supply purposes.

BACTERIOLOGICAL EXAMINATION OF WATER SUPPLIES

Samples of water from the mains and sources have been submitted regularly for examination and found satisfactory in all cases.

SEWERAGE AND DRAINAGE

The formal opening of the new Sewage Works and main pumping station took place during the year. During the initial period of the operation of the works, some difficulties were experienced in reaching the Royal Commission standard. This situation has now been resolved and effluent samples are attaining the standard to be expected from a modern works.

The vacuum dried sludge continues to be disposed of locally to farmers in the area but some problems have arisen in connection with seasonal demands.

SANITARY ADMINISTRATION

The following is a synopsis of the principal works carried out by the Public Health Section during 1970:-

Inspections (Public Health and Housing)	778
Other inspections primarily in connection with Surveyor's duties	864
Informal notices served	42
Informal notices complied with	37
Statutory notices complied with	14
Number of premises at which nuisances were abated	78

Schedule of housing repairs and improvements obtained:

<u>Type of Repair</u>	<u>Repairs Completed</u>
Dampness	27
Roof Defects	12
Plaster Defects	32
Pointing	7
Insufficient Drainage	16
Defective Drainage	75
Insufficient of defective Closets	25
Defective paving	-
Provision of Dustbins	18
Inadequate Water Supply	7
Dangerous Buildings	-
Defective Floors	14
Nuisances	103

Infestation:

Rats	58
Mice	2
Wasps	22

During the year, major mice infestations were found and treated in three blocks of business premises within the district, necessitating five weeks attention to each premises before final clearance could be achieved.

SWIMMING POOL

The Council's Consultants were requested during the year, to carry out a thorough investigation into the problems of replacing the existing swimming pool.

During this period, a category 'A' priority for the replacement of the pool was received from the Eastern Sports Council and it was hoped that this might increase the Council's possibility of obtaining loan approval for a new construction. Following the introduction however, of the new arrangements for loan approvals, it seemed unlikely that finance would be made available in the foreseeable future for the replacement work.

Structurally, the pool is in a very poor condition. As an alternative to closing, certain essential and minor improvement works were authorized by the Council.

CARAVAN AND CAMPING GROUNDS

The site of the Railway Station has now been acquired by this Authority and it was agreed that the services of a Consultant should be sought on the use of this and the adjoining Western Promenade land with a view to providing a comprehensive recreational area. Over 40 acres of land will be available in the scheme and it is expected that additional facilities will be made available for camping and caravanning as part of the comprehensive scheme.

HOUSING

New houses and flats erected during 1970:

Private enterprise	68
Council houses	-
Council flats	-
Council bungalows	-

IMPROVEMENT AND STANDARD GRANTS - HOUSING ACT 1969

Following the introduction of new legislation, the Council have re-examined their policy in connection with improvement and standard grants. In particular the use of improvement grants to carry out renovation to substandard properties likely to become the subject of action under the Housing Act is now being considered and a number of schemes are either in the process of being planned or actively engaged in the improvement work.

During the year some 22 standard grants were approved and two improvement grants were commenced.

FOOD

The following list shows the number of visits paid to premises at which food for human consumption is sold or prepared:-

Fruiterers	15
Cafes, Restaurants and Hotels	51
School Canteens	14
Butchers Shops	32
Fish Friers	10
Wet Fish Shops	7
Bread and Cake Shops	14

Ice Cream Vendors	7
Bakehouses	11
Poultry Shops	Nil
General Stores and Grocers	74

The following is a list of improvements obtained in food premises:-

Want of washing facilities	3
Want of cleanliness	5
Sanitary accommodation	1

REGISTRATION OF FOOD PREPARING PREMISES

The number of premises registered pursuant to Section 16 of the Food and Drugs Act is as follows:-

Sausage meat, pressed, pickled and preserved	
meat	6
Sale of ice cream	26

FOOD AND DRUGS AUTHORITY

The Council is not the Food and Drugs Authority for the District.

INSPECTION OF MEAT AND OTHER FOODS

There are no licensed slaughterhouses in the Area.

During the year the following diseased and unsound food was surrendered and condemned:-

9	-	3 oz. bars of chocolate.
6	--	6 lb. tins of corned beef.
5	-	1 lb. packets of frozen peas.
10	-	1 lb. packets of frozen peas.
22	-	1 lb. packets of frozen peas.
28½ lbs.	-	green beans.
67	-	packets of fish fingers.
6	-	7½ oz. packets of plaice fillets.
43	-	packets of fried potato chips.
9	-	packets of plaice fillets.
5	-	packets of chopped spinach.
1 lb.	-	skinless sausages.
22½ oz.	-	cod fry.
24 oz.	-	mixed vegetables.

130 oz. -	puffed pastry.
70 oz. -	short crust pastry.
11 -	7 $\frac{1}{2}$ oz. chicken quarters.
1 -	10 lb. tin of lambs liver.
11 lb. 4 oz.	corned beef.
1 -	6 lb. tin of cured veal.
16 -	large white loaves.
4 -	crusty rolls.
3 lb. 15 oz.	brisket beef.

ICE CREAM

The total number of premises registered for the sale of ice cream is 26. All ice cream sold in the district is obtained from reputable sources.

BAKEHOUSES

There are 4 bakehouses in the Urban District but none of these are underground premises. Inspections were made during the year.

SHELLFISH

The original Local Authority Oyster Purification Plant has now been demolished but a small ultra violet ray Plant is operated by a commercial undertaking and is used particularly in connection with the export of oysters to the continent. When in operation samples of oysters are submitted for examination to the Public Health Laboratory.

FOOD PREMISES

The following table sets out the number of food premises subject to the Food Hygiene (General) Regulations, 1960, grouped in categories of trade carried on in them and includes the following approximate information for each category separately:-

- a. The number of premises.
- b. The number of premises provided with staff hand-washing facilities in compliance with Regulation 16.
- c. The number of premises subject to compliance with Regulations 19 which requires, in food premises in which open food is handled, the provision of

sufficient sinks or other facilities for washing food and food equipment.

- d. The number of premises at C above actually fitted to comply with Regulation 19.

Premises	a.	b.	c.	d.
Fruiterers	8	8	8	8
Cafes, Restaurants	20	20	20	20
School Canteens	2	2	2	2
Butchers Shops	6	6	6	6
Fish Friers	2	2	2	2
Wet Fish Shops	3	3	3	3
Bread and Cake Shops	8	8	8	8
Bakehouses	4	4	4	4
General Stores and Grocers	24	24	24	24
	77	77	77	77

PUBLIC CLEANSING

Refuse disposal continues to be carried out by controlled tipping and the two tips adjacent to the Western Promenade and East End Green were in use during the year. During this period, a number of complaints were received in connection with the East End Green Tip. These complaints covered the appearance of the tip and the percolation of polluted water into adjoining ditches. The unsatisfactory appearance of the tip was caused by unauthorized persons tipping in uncontrolled methods and action was taken to regulate the use of the tip by adequately fencing the area and the introduction of new regulations for administration. An investigation was made into the discharge of polluted water into adjacent ditches and the Council have authorized the provision of a pumping station which will discharge water from a collection sump adjacent to the tip to the foul water sewer in Mill Street. The tip is now substantially approved in appearance and with the completion of the pumping work, the Council's disposal tip at East End Green will be satisfactory in all respects.

The need for the replacement of the Council's refuse vehicle is now become urgent and authorization was given to make provision for this in the following year's estimates.

THE OFFICES, SHOPS AND RAILWAY PREMISES ACT, 1963

(a) Registrations and General Inspections:

Class of Premises (1)	Number of premises registered during the year (2)	Total number registered premises at end of year (3)	Number of registered premises receiving a general inspection during the year (4)
Offices	2	28	26
Retail Shops	2	32	84
Wholesale Shops	-	2	2
Warehouses	-	2	2
Catering Establishments open to the Public	1	12	9
Canteens	-	2	2
Fuel Storage Depots	-	2	4
Totals:	5	80	129

(b) 94 visits of all kinds by Inspectors to registered premises.

(c) Analysis of persons employed in registered premises by workplace.

Class of Workplace (1)	Number of Persons Employed (2)
Offices	123
Retail Shops	89
Wholesale Departments	-
Warehouses	3
Catering Establishments open to the Public	14
Canteens	11
Fuel Storage Depots	3
Total:	243
Total Males	116
Total Females	127

(d)	Exemptions		Nil
(e)	Prosecutions		Nil
(f)	Number of inspectors appointed under Section 52 (1) or (5) of the Act		2
(g)	Number of other staff employed for most of their time on work in connection with the Act		Nil

During the year 97 visits and inspections to premises of all descriptions within the provinces of the Act were carried out. Co-operation from the employers and owners of premises in carrying out the inspections and requirements of the Act was good.

A large proportion of shops within the district are family owned and managed and, therefore, are not within the scope of the Act.

Some informal notices regarding defects to Offices and Shops were served and in all cases the defects were speedily rectified thus eliminating the necessity of legal action.

Since the implementation of the Act, all Offices and Shops within the area have been registered and receive an inspection in most cases, twice per year. Parts of the Act within the jurisdiction of the Fire Authority have been dealt with by that Authority.

FACTORIES ACT, 1961

PART ONE OF THE ACT

1. Inspections for purposes of provisions as to health.

Premises (1)	Number on Register (2)	Number of Inspect- ions (3)	Written Notices (4)	Occupiers Prosecuted (5)
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	5	5	1	Nil
(ii) Factories not included in (1) in which Section 7 is enforced by the Local Authority	45	40	4	Nil
(iii) Other premises in which Section 7 is enforced by the Local Authority (excluding out- workers' premises)	11	11	-	Nil
Totals:	61	56	5	Nil

2. Cases in which defects were found.

(If defects are discovered at the premises on two, three or more separate occasions, they should be reckoned as two, three or more "cases".)

Particulars (1)	Number of cases in which defects were found				Number of cases in which prosecutions were instituted (6)
	Found (2)	Remedied (3)	To H.M. Inspector (4)	By H.M. Inspector (5)	
Want of Cleanliness (S.1.)	-	-	5	-	-
Overcrowding (S.2.)	-	-	-	-	-
Unreasonable temperature (S.3.)	1	-	2	-	-
Inadequate ventilation (S.4.)	-	-	1	-	-
Ineffective drainage of floors (S.6.)	-	-	-	-	-
Conveniences (S.7.)					
(a)					
Insufficient (b)	-	-	-	-	-
Unsuitable or defective (c)	3	3	-	-	-
Not separate for sexes	-	-	-	-	-
Other offences against the Act (not including offences relating to outwork)	-	-	-	-	-
Totals:	4	3	8	-	-

PART VIII OF THE ACT

SECTIONS 133 and 134

Section 133				Section 134
Nature of work	Number of outworkers in August list required by Section 133 (1) (c)	Number of cases of default in sending lists of the Council	Number of prosecutions for failure to supply lists	Number of instances of work in unwholesome premises
(1)	(2)	(3)	(4)	(5)
Wearing apparel, making, etc.	3	Nil	Nil	Nil

